

CRA Head of the Cam: Safety Plan

30th April 2011

This safety plan incorporates the key points of the **Row Safe: A Guide to Good Practice in Rowing** and we ask that each cox and crew member takes the time to read it and study the attached map.

Key Positions

Control	Queens College Boathouse Collect numbers/make and final payments here. Open from 9.30am Results will be posted here
Start	A14 Bridge
Finish	2600 metres upstream at the Penny Ferry pub
Boating	Visiting crews to boat from boathouses, please contact clubs directly or contact race secretary for assistance.
Marshals	As marked on map (wearing yellow tabards) All equipped with throw lines/radios/thermal blankets/megaphones/mobile phones
Hospital	Accident and Emergency at Addenbrooke's Hospital, Hill's Road, Cambridge. tel: 01223 217118
Emergency	Fire, Police, Ambulance. Tel: 999

Key Personnel

Event Secretary	Emma Howard	07989 444046
Safety Adviser	Paul Holland	07771 905977
Race Chairman	Chris Wood	07769 725067
Control Desk	Emma Howard	07989 444046

The personnel above may also be contacted through Event Control Desk

Competitors' Responsibilities

Chesterton R.C. personnel will endeavour at all times to ensure a safe event, but all competitors must follow marshals' instructions and be alert at all times to the safety of themselves and others.

Equipment

It is the responsibility of each crew to ensure that the equipment they are using is safe and compliant with the requirements of the **BR Rules of Racing** and **Row Safe: A Guide to Good Practice in Rowing**. In particular spot checks will be made to check on bow ball, heel quick-release mechanisms, rudder lines and coxes' lifejackets. Coxes arriving at the start without a suitable lifejacket or buoyancy aid will be disqualified.

Swimming ability

Every competitor is expected to be in good health and must be able to swim a minimum of 100 metres in their kit. The river is relatively narrow and shallow in most places, and there is good access from the bank along the majority of the river,

however all crews should make due allowance for the stream and for points of the river which have increased depth or where navigation is more difficult.

Know the rules

The **BR Rules of Racing** will apply. The marshalling rules are straightforward and marshals will stop the race if an unsafe situation arises. Allow plenty of time to boat before the scheduled start time. Marshals will provide clear instructions to crews and will endeavor to send boats along on their racing order at the earliest opportunity. There will be plenty of time to warm up on the way to the start.

Accidents

If you see an accident, give assistance if required. A marshal will take action or alert the rescue services by radio or phone as necessary. The whole course is visible to umpires and marshals, and there will be marshals with throw lines along the course. In the event of capsize please stay with your boat, check for the safety of all members of your crew and await assistance from marshals.

Insurance

All crews must have adequate third party insurance.

PLEASE NOTE – there is restricted access to the river, and a number of moored narrowboats between Churchill Boathouse and the edge of Stourbridge Common (adjacent to Riverside – there is a high concrete wall abutting the roadside). Please take extra care when rowing through this section (approximately 300 metres) until clear of the Green Dragon Bridge.

All competing Clubs have the responsibility to ensure that their crews and scullers abide by the **Row Safe: A Guide to Good Practice in Rowing**. In particular, all Clubs must ensure that: Inexperienced crews have experienced coxswains and that inexperienced scullers are accompanied on the bank.

- Competitors are aware of the water safety code, the race instructions and have been instructed in capsize drill.
- Competitors are competent to take part in the event without putting other people at risk.
- Competitors are responsible for proceeding safely at all times, especially to the start and after the finish.

THE SAFETY ADVISOR/UMPIRE MAY AMEND THIS PLAN IF WEATHER OR CONDITIONS ON THE DAY MAKE THIS NECESSARY. COMPETITORS WILL BE NOTIFIED OF CHANGES AT CITY OF CAMBRIDGE R.C BOATHOUSE (race control) AND BY MARSHALS ON THE COURSE.